

From Susan A.:

Here is a traditional Arabic recipe called Mujaddara, although the veggies are an innovation. It freezes well.

Mujaddara ~ Serves 4-6

- 1 cup brown lentils
- 3 cloves garlic, minced
- 1 large carrot, chopped finely
- options: okra, spinach, kale, artichoke, chive
- 1 cup rice or quinoa
- 1 teaspoon cumin (good)
- 1½ teaspoons salt or to taste
- 1/8 teaspoon freshly ground pepper

Method

- Cook grain.
- Wash lentils and put in large cooking pot with 2 cups cold water.
- Add onion, carrots and garlic. Add cumin, salt and pepper.
- Cover and simmer until all water is absorbed, about 20 minutes or longer.
- Arrange lentils around mound of grain.
- Top with canned fried onion.
- Serve with sliced raw carrot and/or cucumber salad.